

**NJ YMCA 12 Under State Championships 2012
WARM-UP ASSIGNMENTS**

FRIDAY PM

Session 1	3:00-3:25 PM	3:25-3:50 PM	3:50-4:15 PM
Outside	SVY	LHY	FSPY
Lane 1	SVY	LHY	FSPY
Lane 2	SVY	LHY/MCY	OCY
Lane 3	SVY	WFY	OCY/MEW
Lane 4	SHY	WFY	WY
Lane 5	SHY	WFY/RANY	WY
Lane 6	SHY	RY	FOBY
Lane 7	SHY/MYM	RY	FOBY/VINY
Lane 8	RBY	SJAC	MAY
Lane 9	RBY	SJAC	RVYM/SABY
Lane 10	RBY/WEY	SAY	HACY/MDY
Outside	HCY	SAY	MEY/SCY

SATURDAY AM

Session 2	8:30-8:55 AM	8:55-9:20 AM	9:20-9:45 AM
Outside	LHY	RBY	WFY
Lane 1	LHY	RBY	WFY
Lane 2	LHY	RBY	RY
Lane 3	FOBY	SHY	RY
Lane 4	FOBY	SHY	WEY
Lane 5	FOBY	SHY	WY
Lane 6	SAY	MCY	MYM
Lane 7	SAY	MEY	HCY/GBCY
Lane 8	SAY/HACY	SVY	RVYM/NWKY
Lane 9	SJAC/SABY	SVY	VINY/MEW
Lane 10	OCY	SVY	RANY
Outside	FSPY	SVY	MAY/SCY

SATURDAY PM

Session 3	2:00-2:25 PM	2:25-2:50 PM	2:50-3:15 PM
Outside	HCY	WFY	SVY
Lane 1	RBY	WFY	SVY
Lane 2	RBY	RY	SVY
Lane 3	RBY/MEY	RY	SVY
Lane 4	WY	FOBY	SHY
Lane 5	WY	FOBY	SHY
Lane 6	FSPY	SJAC	SHY
Lane 7	FSPY	SJAC/WEY	HACY/PFY
Lane 8	SAY	MAY	MYM
Lane 9	SAY	MAY/MCY	LHY
Lane 10	OCY	RANY/VINY	LHY
Outside	OCY	RVYM/SCY	LHY

SUNDAY AM

Session 4	8:30-8:55 AM	8:55-9:20 AM	9:20-9:45 AM
Outside	RY	LHY	WFY
Lane 1	RY/SCY	LHY	WFY
Lane 2	FSPY	LHY	SJAC
Lane 3	FSPY/HCY	RBY	SJAC/MEW
Lane 4	MEY	RBY	OCY
Lane 5	FOBY	RBY/HACY	OCY/VINY
Lane 6	FOBY	SAY	MYM
Lane 7	FOBY	SAY	WY
Lane 8	SVY	SAY/MAY	RANY
Lane 9	SVY	SHY	MCY
Lane 10	SVY	SHY	WEY
Outside	SVY	SHY/RYM	GBCY/SABY/NWKY

SUNDAY PM

Session 5	2:00-2:25 PM	2:25-2:50 PM	2:50-3:15 PM
Outside	SHY	SVY	RBY
Lane 1	SHY	SVY	RBY
Lane 2	SHY	SVY	RBY/RIPY
Lane 3	LHY	SVY	FSPY
Lane 4	LHY	SJAC	FSPY
Lane 5	LHY/VINY	SJAC	SAY
Lane 6	WFY	FOBY	SAY
Lane 7	WFY	FOBY/SCY	WY
Lane 8	RY	OCY	WY/MEY
Lane 9	RY	OCY/MYM	HACY
Lane 10	MAY	HCY	WEY/PFY
Outside	MAY/RANY	RVYM/MDY	MCY/MEW